

Wellness Event Sponsored By The Honolulu-Pacific Federal Executive Board



Join us for an online webinar with
valuable tips to help you stay healthy
and well.

Date + time

June 15th, 2023, 11:00-11:30am HST

Event summary

Living In Flow: Make Your Life A Moving Meditation- In this powerful and inspirational webinar with motivational speaker Alfred Santos, access the energy of flow in your life as you balance mindset, nutrition, exercise, sleep and breath. You will be empowered at every level with information and motivation to live a life of peace and vitality.

How to Join

Copy and paste the link into your browser to join the event; no registration necessary:
https://dod.teams.microsoft.us/j/19%3adod%3ameeting_7831b4dcc8eb493aa76acec690141e3d%40thread.v2/0?context=%7b%22Tid%22%3a%22e3333e00-c877-4b87-b6ad-45e942de1750%22%2c%22Oid%22%3a%22f3de1874-c0cb-4de9-85da-760b97317444%22%7d

Presenter



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Wellness Speaker

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